



4500 warm up(45min. on Sustained Strength Machine Of) Choice

A proficient degree of static&dynamic stretching

Interject Jump Marching Between Exercises,sets,&repetitions

Legs 8

8Stationary Lunge 88

Hack Squat 8

8Seated Hamstring Curl 88

Lying Hamstring Curl 8*8

Cable Pressdown 8*8

Crossed Leg extension 8*8

Legpress 8*8

Shoulders 2

32Machine Lateral Raise 232

Bentover Dumbbell 2

32Lateral Raise 232

Front Plate Raise 2

32Smith Machine 232

Shoulder Press 2

32Dumbbell Shoulder Press 232

Gracie JIUJITSU PinkbELt

FARMGIRL CARRY TAKEDOWN

Inline finish

Kelly finish

TAI'CHI

Ju Fu No Kata

Hou Bai Lian Tui = Back Outside crescent kick (spinning back heel)

Rowing Machine Super Setted By Stationary Running

1000

1000

21-15-9

1000

1000

reps for

1000

time of:

1000

1000

1000

1000

1000

1000

1000

Single-arm dumbbell shoulder-to-overheads, right arm

Toes-to-bars

Single-arm dumbbell shoulder-to-overheads, left arm

Gymnastics-style kipping pull-ups

♀ 35 lb

♂ 50 lb

875 Neckabs

SUPERSET FAILING POWER ZONE

Goodmorning 10,8,6

Seated Goodmorning

9,8,7

125 V-ups

ELOHIM- VIA- CHRISTJESUS/,,

<http://books.dreambook.com/captainmotorcycle>

Your workout plan involves a comprehensive 45-minute warm-up on the Sustained Strength Machine, followed by a rigorous strength training regimen targeting legs, shoulders, and arms, with interspersed Jiu-Jitsu practice and conditioning. Here's how to approach the **warm-up** and key elements of your training with expert guidance:

Warm-Up Recommendations for Your Routine

- **Duration and Focus:** A 45-minute warm-up on the Sustained Strength Machine is substantial. To make this efficient, combine **dynamic warm-up movements** that prepare the major muscle groups and joints involved in your planned exercises, focusing on both static and dynamic stretches for full range of motion and injury prevention^{[1][2]}.
- **Dynamic & Static Stretching:**
 - o Begin your warm-up with **dynamic stretches** (moving stretches such as leg swings, arm circles, lunges with rotation, and high knees) to increase blood flow, muscle temperature, and joint mobility^{[3][4][5]}.
 - o Include **static stretches** post-warm-up or at the end of your session to enhance flexibility, targeting hip flexors, hamstrings, quads, glutes, upper back, shoulders, and calves^{[2][6][7]}.
- **Interject Jump Marching:** You mentioned "Interject Jump Marching" between exercises/sets. This is ideal as a light cardio or active recovery tool to maintain heart rate and muscle activation, enhancing your aerobic base and keeping muscles warm throughout the session^{[1][8]}.

Breakdown of the Strength Exercises Provided

Muscle Group	Exercises	Sets x Reps
Legs	Legs (unspecified), Stationary Lunge, Hack Squat, Seated Hamstring Curl, Lying Hamstring Curl, Crossed Leg Extension, Leg Press	8 x 8
Triceps	Cable Pressdown	8 x 8

Shoulders	Machine Lateral Raise, Bentover Dumbbell, Lateral Raise, Front Plate Raise, Smith Machine Shoulder Press, Dumbbell Shoulder Press	2 x 32
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- The **high volume for legs and triceps** (8x8) suggests a hypertrophy-focused session, emphasizing muscular endurance and size.
- The **shoulder exercises** at 2x32 reps indicate a focus on muscular endurance or pre-fatigue, critical for performance and injury resistance.
- Use progressive overload carefully, ensuring good form and proper control on all machine and free weight exercises.

Integration of Jiu-Jitsu and Conditioning

- Your inclusion of **Gracie JiuJitsu pink belt skills**, farmgirl carry takedown drills, Tai Chi and specific kata work (Ju Fu No Kata) supports functional strength, balance, coordination, and mental focus.
- Conditioning with **rowing machine supersetted with stationary running** and timed high-rep circuits (e.g., 21-15-9 reps for single-arm dumbbell shoulder-to-overheads, toes-to-bars, kipping pull-ups) can boost cardiovascular fitness and muscular stamina.
- Given some workouts have specific repetition counts and weights (e.g., 35 lb females/50 lb males), adjust loads to maintain form and complete all reps safely without failure^{[1][9]}.

Additional Tips for This Complex Program

- Start every session with your 45-minute warm-up machine work combined with dynamic stretching to ensure muscles are fully prepared.
- Incorporate **mobility drills**, especially for ankles, hips, and shoulders, crucial for squats, lunges, throwing techniques, and overhead presses^{[10][6]}.
- Use **jump marching or light cardio** to maintain elevated heart rate and reduce downtime during rest periods.

- After strength training and skill work, conclude with **static stretching**, holding major muscle groups for 20-40 seconds to aid recovery and flexibility.
- Listen to your body and allow adequate recovery between intense sets or complex moves like the farmgirl carry or Jiu-Jitsu takedowns.

Summary

Your program is well-rounded with strength, mobility, endurance, and martial arts components. To optimize:

- Warm-up dynamically with movements targeting legs, hips, shoulders, and core.
- Maintain jump marching or similar active recovery between sets.
- Follow machine and free weight strength sets with excellent technique and progressive overload.
- Combine Jiu-Jitsu drills and conditioning to improve functional capacity.
- End with static stretches for recovery and injury prevention.

This approach aligns with expert recommendations for injury prevention, performance, and effective strength training^{[1][2][5][10]}.



1. <https://ironbullstrength.com/blogs/training/how-to-warm-up-before-lifting>
2. <https://www.scribd.com/document/477410506/Strength-Training>
3. https://www.youtube.com/watch?v=LKSC_KujZ4g
4. <https://www.youtube.com/watch?v=1e528F0pYPg>
5. <https://www.triathlete.com/training/ask-a-trainer-how-should-i-warm-up-for-strength-training/>
6. <https://goholycross.com/sports/2022/3/1/holy-cross-strength-conditioning-flexibility-page.aspx?id=314>
7. <https://www.nytimes.com/2024/07/11/well/move/workout-warm-up-exercise.html>
8. <https://www.nerdfitness.com/blog/warm-up/>

9. https://cdn1.sportngin.com/attachments/document/111c-2152627/Training-at-Home_15-Full-Equipment_FINAL.pdf

10. <https://www.youtube.com/watch?v=OcPs3x1vX1A>